

## Minimize Calories, Maximize Fullness

Some foods digest more quickly than others. If your diet is low in fiber and is high in sugars, you won't feel full for very long, and you'll end up hungry again before you know it. Not only does this make it hard to stick to your diet, it also increases your risk for diseases like Type 2 Diabetes. Here are some simple adjustments you can make to your diet to make meals more filling and stave off hunger.

### Eat More Fiber

Eating more fiber is the absolute best thing you can do to feel full with less calories. Dietary fiber slows down digestion, which evens out blood sugar. You'll feel full for longer, and when you do get hungry, it will be less overwhelming. You can find fiber on nutrition labels under Carbohydrates, as well as in many natural foods.



**Beans & Legumes**



**Berries**



**Leafy Greens**



**Nuts & Seeds**



**Whole Grains**



**Root Vegetables**

While many fruits contain more calories due to their higher sugar content, they also contain fiber, which makes them a better choice for dessert than ice cream or baked goods. Berries are low in sugar but high in fiber, making them the best choice for fruits while on a diet.

### Eat More Protein

Sugars and starches digest quickly and can leave you feeling hungry again much sooner. Protein digests much slower than carbohydrates, so it will also help you feel fuller, longer, with less calories.

Fat also digests slower than carbohydrates, but fat contains more calories per gram and too much can lead to heart problems; speak with your doctor before beginning a high-fat diet.